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EFFECTS OF REST AND HEMISPHERIC SYNCHRONIZATION COMPARED TO EFFECTS OF REST AND GUIDED IMAGERY ON THE ENHANCEMENT OF CREATIVITY IN PROBLEM-SOLVING

by Deborah Baker, PhD

(See also: Topics/Research/Research Papers for the full study)

Finding ways to enhance creativity in problem-solving during a floating experience, Dr. Deborah Baker, a counseling psychologist and hypnotherapist based in Metairie, LA, compared the effects of rest (flotation) and Hemi-Sync® with the effects of rest and guided imagery.

Ten individuals (seven males and three females from 24 to 51 years of age) participated in the experiment. Prior to their flotation they were briefed on the purpose of the experiment, instructions on floating, and the cassette tapes to be used.

The tapes included: 1) *HEMI-SYNC PROBLEM SOLVING 12*, which guides the individual to Theta to greatly enhance imaging ability. Subjects were instructed to send their problem or question out through their total awareness, release it, and wait for the answer to come back; and 2) *GUIDED IMAGERY: MEETING AN INNER GUIDE*, developed by Dr. Baker, with the background music, *Silk Road*, by Japanese composer/musician Kitaro. Instructions consisted of deep breathing, sensing the color green, countdown from 10 to 1 to reach an ideal level of mind to accomplish whatever purpose one has. Then, one is guided to a beautiful, magical garden, a waterfall, and meets with someone who knows and loves them, wherein a nonverbal exchange can be had and problem-solving or creative interaction can take place. (Time of nonverbal communication is approximately 15-17 minutes).

The participants were instructed to enter the flotation tank with a specific question to ask or problem to solve, although none knew prior to the experience which tape they would hear. They were asked not to discuss any of their experiences with other participants for the duration of the study.

After entering the flotation tank, a wooden construction measuring 48" x 90" and containing a 10" solution of epsom salts and water, the subjects floated in a supine position wearing light-weight headphones (waterproofed with plastic wrap and duct tape) that were connected to a stereo cassette player outside the tank. Participants had approximately 15 minutes to become familiar with the float experience before the cassette began.

When the tape finished, participants met with Dr. Baker to debrief, write down their experience, and complete a questionnaire. They rated a variety of criteria on a scale of one (being the lowest or least ability to accomplish) to five (being the highest or greatest ability to accomplish). The questionnaire allowed them to compare floating alone (FA), floating with guided imagery (GI), and floating with Hemi-Sync (HS). In the percentages listed below, an answer had to fall on the scale at 4 or above.

	FA	GI	HS
Ability to Relax	40%	70%	90%
Stopping Internal Dialogue	20%	50%	70%
Ability to Reduce Discomfort	40%	70%	70%
Ability to Concentrate	0%	70%	70%
Enough Time Allowed	20%	40%	80%
Increased Energy Levels	20%	40%	70%
Dreamlike State	20%	30%	70%
Answer Received is a Workable Solution	0%	50%	70%

As a therapist, Dr. Baker suggests that combining the float experience with Hemi-Sync and guided imagery provides a psychological tool—to reduce anxiety levels in the interview situation; to reach deep-seated levels which have resisted penetration by most traditional means and correct those thoughts or submerged ideas; to reduce stress.

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